

The Senior Connection

NEWS and EVENTS from the
Howard County Office on Aging

Department of Citizen Services

Volume 6, No. 4 • April 2016

Cycle2Health Events Launch 2016 Riding Season

Cycle2Health Howard County (C2H) – launched in 2013 as the first non-competitive, peer-led, bicycling club developed for older adults in Howard County – is kicking off its 2016 season a little earlier this year! The Countdown to Kickoff begins on Friday, April 8 at the Ellicott City 50+ Center with **Bikes & Bagels**. Join us from 9 to 11 a.m. to learn about C2H, meet the ride leaders and enjoy the opportunity to reconnect with your cycling friends.

A Message from

Starr P. Sowers

Administrator, Office on Aging



The 8th annual WomenFest returns to the Gary J. Arthur Community Center at Glenwood this month, with lively and engaging seminars, important health screenings, plus more energetic and hands-on activities than ever before. Kick off your day with an invigorating 15-minute Line Dancing demo at 10:15 a.m. in the Roxbury Mills Room. Then, head on over to the Multi-Purpose Room for Core Camp, a series of free 45-minute fitness classes. Grab a friend and meet us on the mat for one of the following sessions: Pilates at 10:30 a.m. with Bob McDowell; Yoga at 12:30 p.m. with Mary Garratt; or Yogalates at 2 p.m. with Susan Kain.

This year's popular seminars feature lively new topics to engage your intellect and soothe your senses. At 11 a.m., bust the myths of menopause in "Sex, Sanity and Sleep" and stimulate your creativity in "Paint It to Frame It." At 12:15 p.m., learn how soothe your digestive system in "Balancing Digestion for Total Body Health," de-clutter your home and life in "So Hard to Discard" and add balance and meaningfulness to your life in "Purpose, Passion and Presence."

Back by popular demand, the charismatic chefs and authors of *Eight Broads in the Kitchen* will work their culinary magic with two new cooking demos: "Sauces, Condiments and Toppings...Oh My!" at 11:45 a.m. and "Let's Do Brunch!" at 1:15 p.m. Find them in the West Friendship Room – or just follow your nose!

More than 100 vendors and exhibitors will be on hand to welcome you to WomenFest this year, with products and services to update your home, boost your health, and enhance your fashion and beauty. Be sure to stop by and have a look. Last but not least, I want to thank all our wonderful staff, volunteers and sponsors, many of whom return every year to lend their support to WomenFest. We look forward to seeing you at WomenFest 2016!

The Howard County Police Department Pathway Patrol Unit will be on hand to share tips on bicycle safety and the Bike and Pedestrian Coordinator from the Office of Transportation will discuss Howard County's Bicycle Master Plan. Two free seminars will be offered as well – "Bicycle Maintenance 101" by Mt. Airy Bicycles, and "Route Planning and Cycling Software" with Cycle2Health Ride Leaders John Sargeant and Mike O'Rourke. Space is limited; call 410-313-5940 to register for **Bikes & Bagels**.

Next up, a **Bicycle Skills Clinic** will be held Wednesday, April 20, 1 to 4 p.m., at the Howard County Police Oakland Mills Satellite Office, 5820 Robert Oliver Place in Columbia. Join the Pathway Patrol Unit to learn about the proper use and application of gears, braking techniques, hazard avoidance, ascending and descending curbs, and slow speed maneuvering. You must wear a helmet and have a bicycle in proper working order. Space is limited; contact Jen Lee at 410-313-5940 to register.

Mark your calendars for the **Cycle2Health Kick-Off** on Thursday, May 5 at the East Columbia 50+ Center, 6600 Cradlerock Way in Columbia. Beginning at 9 a.m., riders can register for the season, and get free bicycle safety checks and fittings from Race Pace Bicycles, Princeton Sports and Performance Bicycle. The first rides of the season will depart at 10 a.m., with a casual, moderate, and advanced ride.

Coordinated by the Office on Aging's Health & Wellness Division with the support of the local cycling community, C2H offers adults of all ages and riding abilities the opportunity to experience the benefits of exercise while exploring the natural beauty of Howard County. "Before Cycle2Health, there wasn't a program to meet the needs of older adult riders like me in Howard County, offering daylight rides of varying intensity on weekdays," said Saul Zuckman, who began cycling 26 years ago as a way to lose weight and control his type 2 Diabetes.

Since 2013, Zuckman has worked as part of the Cycle2Health steering committee to expand the program throughout Howard County, recruiting fellow cyclists to serve as volunteer ride leaders, mapping out routes, and suggesting guidelines to insure the safety of participants. "Over the past three years, I have seen many Cycle2Health participants develop a love for riding, improving their health and finding new friends along the way."

Barbara Marley joined Cycle2Health as the 2013 season was winding down. She enjoyed it so much that she bought a stationary stand for her bike so she could keep cycling over the winter. "I wasn't exercising regularly, and hadn't biked in years, but everyone was so welcoming that I never felt left behind. It's a great way to meet people and it's fun!"

For more information:

Jennifer Lee

410-313-5940 or visit

www.howardcountymd.gov/C2H



Your Medicare Options After Open Enrollment

By Bill Salganik, Counselor, State Health Insurance Assistance Program (SHIP)

Most people think about changing their Medicare prescription or Medicare Advantage coverage during the Annual Enrollment Period, Oct. 15 through Dec. 7. But there are still things you can do now – or any time during the year – to change or improve your coverage and benefits.

- **Medicare Supplemental (Medigap) policies.** There's no annual enrollment period; you can apply for a policy at any time during the year, although you may be subject to health questions which could impact being approved or the cost of the plan. Medigaps help cover deductibles and cost sharing not covered by basic Medicare. If you apply to change your Medigap coverage during the year, don't drop your old coverage until your new Medigap is in place.
- **Income-based assistance programs.** If your gross annual income is below \$35,310 as an individual or \$47,790 as a couple, you may be eligible for help with prescription and other Medicare costs. Asset limits apply for some of the assistance programs as well. You can apply for help at any time – it doesn't have to be during one of the Medicare open enrollment periods.
- **Switching Medicare plans during the year if you are in one of the assistance programs.** The income-based assistance programs give you the right to switch prescription or Medicare Advantage plans outside of the open enrollment period.
- **Enrolling in a five-star plan.** Medicare gives each prescription or Medicare Advantage plan a rating from one to five stars. The highest rated plans (five stars) are allowed to enroll new members all year. The only five-star plans available in Maryland in 2016 are Kaiser's Medicare health plans, some of which include prescription drug coverage.

If you have questions about your Medicare coverage or assistance programs, contact the State Health Insurance Assistance Program (SHIP) at 410-313-7392 or www.howardcountymd.gov/SHIP.

PREPARE TO CARE

FAMILY SHARED AGING OPTIONS

Designed for adult children to learn about services and programs available for aging family members.

Tuesday, April 19
6:30 – 8:00 p.m.

East Columbia 50+ Center
6600 Cradlerock Way, Columbia 21045

REGISTER AT 410-313-5980 (VOICE/RELAY)

www.howardcountymd.gov/map



Howard County
MARYLAND ACCESS POINT
YOUR LINK TO HEALTH & SUPPORT SERVICES

Kindred Spirits SOCIAL CLUB

A fee-for-service program for people diagnosed with an early stage memory disorder*

NEW! Kindred Spirits at North Laurel
Tuesday and Thursday • 9:30 a.m. - 1:30 p.m.

North Laurel 50+ Center, 9411 Whiskey Bottom Road, Laurel 20723

Contact: Nancy Riley • 410-313-7691 (voice/relay)
nriley@howardcountymd.gov

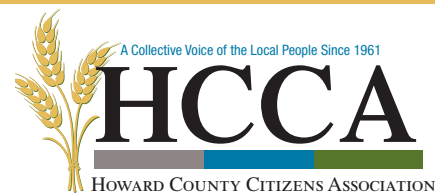
Kindred Spirits at Glenwood

Monday/Wednesday/Friday • 9:00 a.m. - 1:00 p.m.

Glenwood 50+ Center, 2400 Rt. 97, Cooksville 21723

Contact: Judy Miller • 410-313-5441 (voice/relay)
jumiller@howardcountymd.gov

* An initial screening for eligibility is required; call one of the above centers to schedule an evaluation.



PRESENTS

Getting Older is NOT Optional HOW YOU DEAL WITH IT IS!

A Howard County Forum

Saturday, April 16, 2016
1:30 – 4:30 p.m.

Slayton House • Wilde Lake Village Center
10400 Cross Fox Lane, Columbia 21044

Featuring a panel of **LOCAL OLDER ADULTS** as they relate their personal life journey of **AGING IN PLACE** and **MEETING CHALLENGES** related to **HOUSING • TRANSPORTATION • HEALTH • CAREGIVING • SOCIAL ENGAGEMENT**

KEYNOTE PRESENTATION BY

Cindy Hounsell, President of the Women's Institute for a Secure Retirement

— THIS IS A FREE, TICKETED EVENT, BUT SEATING IS LIMITED —

REGISTER ONLINE AT

GettingOlderIsNotOptionalForum.Eventbrite.com or bit.ly/GOINOF2016

EVENT SPONSORS



FOR MORE INFORMATION

Paul Verchinski at verchinski@yahoo.com

If you need this information in an alternate format or need accommodations to attend, contact Maryland Access Point (MAP) at 410-313-5980 (VOICE/RELAY) by Friday, April 8.



The Senior Connection is published monthly by the Howard County Department of Citizen Services and the Office on Aging.

This publication is available in alternate formats upon request.

To join our subscriber list, email seniorconnection@howardcountymd.gov

Howard County Office on Aging, 6751 Columbia Gateway Dr., Columbia, MD 21046
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Find us on www.facebook.com/HoCoCitizen

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Don't miss the fun, excitement and energy of the 8th annual WomenFest!



*An event especially designed for women of all ages
to live a more balanced, healthier and fulfilled life!*

WOMENFEST

A Health & Wellness Event for Women



Saturday, April 30 • 10 AM - 3 PM

Gary J. Arthur Community Center at Glenwood
2400 Route 97, Cooksville, MD 21723

ENJOY DYNAMIC SEMINARS, WORKSHOPS AND DEMOS:

Sex, Sanity and Sleep

Low sex drive, insomnia and poor memory, sound familiar? Understand how hormones can affect your wellbeing. Let's bust the myths of menopause, be sexsuccessful and learn to embrace this stage on your journey.

Nadu Tuakli, MD, MPH, Anti-Aging & Longevity Institute

Paint It To Frame It

Pick up a paint brush and enjoy this step-by-step workshop to create your own one-of-a-kind masterpiece to take home.

Lisa Noss, Pinot's Palette

Balancing Digestion for Total Body Health

Would you like to achieve weight loss, a calm mind, more energy, less pain, and better digestive health? Focus on how eating a diet that balances your microbiome helps you feel better in all ways.

Liz Lipski, PhD, CCN, CNS, CFM, LDN, Maryland University of Integrative Health

So Hard to Discard

Do you ever wonder why you have such difficulty getting rid of your possessions? Develop a plan to let go of things that are cluttering your home and life.

Elsbeth Bell, Ph.D., Elsbeth Bell, Ph.D., LLC

Purpose, Passion and Presence

Ever feel a little lost, a tad stuck or not accomplishing your goals? Learn how to take the steps to add more balance, meaning and mindfulness to your life.

Julie Reisler, MA, ACC, CPT, Live Powerfully/Empowered Living, LLC

COOKING DEMOS

*Kathryn White, Danielle Hanscom and Debbie Mosimann
Co-Authors of "Eight Broads in the Kitchen"*

Sauces, Condiments and Toppings... Oh My!

This cooking demonstration will feature great ways to infuse flavor and enhance the same ol' dish. Explore the basics and then take a look at adding spices and herbs, fruits and veggies to the toppings used for breakfast, brunch and dinner.

Let's Do Brunch!

Spring and summer are best for locally grown fruits and vegetables. Invite family and favorite friends over for brunch featuring the best produce of the season. Easy? Yes! Healthy? Yes! Yummy? Yes!

NEW FOR 2016!

CORE CAMP

Grab a friend and meet us at the mat
for these 45-minute Energizing Sessions

- Pilates at 10:30 AM • Yoga at 12:30 PM
- Yogalates at 2:00 PM



EVENT HIGHLIGHTS

- Free Admission
- 100+ Vendors
- Dynamic Seminars
- Cooking Demos
- All Day Door Prizes
- On-Site Parking
- Health Screenings
- Fun Workshops
- Fitness Sessions

SPECIAL GUEST

Kelly Swoope

ABC2 News Anchor

11:00 AM - 1:00 PM



**PROUDLY SPONSORED BY
AND THE**

**"SPOTLIGHT ON WOMEN"
PROGRAM PARTNERS:**

Columbia Association
Clarii Health w/ Dr. Selaru
EPIK Home Group
Maryland Digestive Disease Center
Special Beginnings Birth & Women's Center



To request accommodations to attend, call Maryland Access Point at 410-313-5980 (VOICE/RELAY) one week in advance.

410-313-5440 (VOICE/RELAY) • www.howardcountymd.gov/womenfest

Howard County 50+ Centers CALENDAR HIGHLIGHTS

Go to www.howardcountymd.gov/50pluscenters for a complete list of events, programs and services.

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Bain 50+ Center

**Tuesday, April 5 • 11 a.m. — GOLDE PRESENTS:
THERE'S NO BUSINESS LIKE SHOW BUSINESS**

Keyboardist, Jim Olde Blackwell and vocalist, Larry Stauffer will perform an all-Broadway revue of tunes from 1927-1980. FREE; register: 410-313-7213.

Tuesday, April 12 • 10:30 to 11:30 a.m. —

AARP PRESENTS: FRAUD WATCH

Learn to spot common fraud tactics and how to join the AARP Fraud Watch Network from Jen Holze of AARP Maryland and Beth Silverman of Howard County's Office of Consumer Affairs. FREE; register: 410-313-7213.

**Tuesday, April 26 • 1 p.m. — LYRIC OPERA BALTIMORE PRESENTS:
MADE IN AMERICA – THE AMERICAN SONGBOOK**

Explore the American Songbook of composers Johnny Mercer, Heusen & Cahn, Duke Ellington, Gershwin, Loewe & Lerner and others. FREE; register: 410-313-7213.

East Columbia 50+ Center

Tuesday, April 5 • 6:30 p.m. — AARP's LIFE REIMAGINED WORKSHOP

Get a fresh, thought-provoking approach to help you navigate the next phase of your life. FREE; registration required: 410-313-7680

Tuesday, April 12 • 1 p.m. — MY MOTHER'S GARDEN

Watch Cynthia Lester's documentary about her mother's hoarding disorder and how the family learned to cope with it. FREE; register: 410-313-7680.

Tuesday, April 18 • 6:30 p.m. — PREPARE TO CARE

Maryland Access Point presents this program for adult children to learn about service and programs available for aging family members. FREE; register: 410-313-7680.

Tuesday, April 26 • 7 p.m. — WORLD LANGUAGES CAFÉ

Offered in partnership with Columbia Association, the café offers an opportunity to increase your fluency in a language you know or one you are learning. FREE; register: 410-313-7680.

Elkridge 50+ Center

**Friday, April 1 • 10:30 a.m. to noon —
AROMATHERAPY AND SKINCARE**

Join Andrienne Hausman to learn how aromatherapy and essential oils can help with skincare; samples provided. \$3; register at: 410-313-5192.

Monday, April 4 • 10:30 a.m. to noon — BASIC ART CLASS

Our local artist, Gary, will guide you as you create a beautiful masterpiece. FREE; includes all materials. Register: 410-313-5192.

**Wednesday, April 6 • 11 a.m. to noon —
LET'S DISH: SPRING VEGGIE SALAD**

Watch as we prepare a delicious, healthy, veggie dish and learn how to fall in love with veggies! Cost is a donation; register: 410-313-5192.

Thursday, April 7 • 10:15 a.m. to noon — BALANCE FOR ALL

Learn about age-related balance changes, find out how balanced you are and how you can improve. FREE; register: 410-313-5192.

Ellicott City 50+ Center

Friday, April 1 • 1 p.m. — TABLE TENNIS TOURNAMENT

Join us for our first blind draw double's tournament, with prizes for the final two teams. Sign up by March 30; \$5 entry fee per player. Details: 410-313-1400.

**Wednesdays, April 6 – May 11 • 9:30 -11:30 a.m. —
WATERCOLOR BASICS CLASS**

Master the fundamentals of drawing, shapes, values, textures and design. Cost: \$43 for 6 classes. Register: 410-313-1400.

Wednesday, April 13 • 1 p.m. — CLUTTER FREE YOUR LIFE

Professional organizer Sonal Adamson of Clutter-Free 4Life will discuss how to create a mail organization system. Door prize drawing for a \$50 gift certificate. FREE; register: 410-313-1400.

Thursday, April 14 • 1 p.m. — MARY KAY BEAUTY DAY

Pamper yourself while learning beauty tips & tricks from make-up expert Gina Brooks! FREE; register: 410-313-1400.

Glenwood 50+ Center

Friday, April 15 • 10 a.m. — WHAT YOU NEED TO KNOW ABOUT SCAMS

Jennine Robinson from the State's Attorney's office will tell you everything you need to know about how to keep from being scammed. FREE; register: 410-313-5440.

Tuesday, April 19 • 10 a.m. — FREE CAR CARE CLINIC

Learn what to do to get your car ready for spring and summer from Tom Joyce of Hilmuth Automotive. FREE; register: 410-313-5440.

Friday, April 22 • 11 a.m. — WHAT PUT THE CHARM IN CHARM CITY?

Baltimore historian Wayne Schaumberg will delve into Charm City's history in a lively and engaging talk. FREE; register: 410-313-5440.

Wednesday, April 27 • 10:30 a.m. — BILLION DOLLAR SPY

Pulitzer Prize winning author David Hoffman will discuss his book "Billion Dollar Spy," followed by a book signing. FREE; register: 410-313-5440.

North Laurel 50+ Center

Tuesdays, April 5 – May 10 • 1:30 to 2:30 p.m. — BALLROOM BASICS

Learn basic dance techniques like Salsa, Tango, Rumba, Samba, Waltz and more. Singles & couples welcome. \$52/6 sessions; register: 410-313-0380.

Friday, April 8 • 10:30 a.m. to 1:00 p.m. — EARTH DAY CELEBRATION

Enjoy a nature walk, a sustainable salad bar lunch and learn eco-friendly tips on how to reduce, reuse and recycle. FREE activities; lunch by donation. Register: 410-313-0380.

**Thursdays, April 14 through May 5 • 1:30 to 3:00 p.m. —
SENIORSTOGETHER: COPING WITH HEARING LOSS**

Those with hearing loss and/or their families will explore topics including hearing devices, managing environments and coping strategies with an audiologist and University of Maryland graduate students. \$25 per person; register by April 8: 410-313-7283.

**Friday, April 29 • 9:30 a.m. to 11 a.m. — ART WORKSHOP:
CUSTOM CHARM BRACELETS**

Design and create a custom charm bracelet. \$8; includes all materials. Register: 410-313-0380.

To request accommodations to participate, call Maryland Access Point at 410-313-5980 (VOICE/RELAY) one week in advance.